

**Morrow County Services for Older Citizens**

**41 West Center Street, Mount Gilead, OH 43338**

**Phone 419-946-4191 Fax 419-946-1037**

**JANUARY 2019 MENU**



Monday	Tuesday	Wednesday	Thursday	Friday
	1 Closed for New Years Day	2 Chicken and Noodles Asparagus Sliced Beets Fruit Cocktail Bread Milk	3 Veal Patty Tomato Basil Soup Potato Rounds Peaches Bun Milk	4 Ham Sweet Potato Fries Green Beans Pineapple Bun Milk
7 Roast Beef Mashed Potatoes Corn Applesauce Vanilla Pudding Bread Milk	8 Hungarian Goulash Asparagus Green Beans Grape Juice Muffin Milk	9 Roast Pork Apple Sauce Maui Vegetable Blend Pineapple Bread Graham Crackers Milk	10 Pizza Patty Chicken Noodle Soup Tossed Salad Malibu Mix Fruit Bread Milk	11 Chicken Leg Steak Fry's Green Beans Peaches Rice Pudding Milk
14 Salisbury Steak Mashed Potatoes Corn Fruit Cocktail Roll Milk	15 BBQ Riblet Herb Potatoes Mixed Vegetables Applesauce Bread Milk	16 Pancake Sausage Wrap Diced Hash Browns Strawberries Grape Juice Muffin Milk	17 Shredded Beef Stuffed Pepper Soup Corn Pears Bun Milk	18 Pork Cutlet Diced Sweet Potato Cauliflower and Peas Cinnamon Apples Crisp Roll Milk
21 Closed for Martin Luther King Jr. Day	22 Chicken Nuggets Steak Fry's Maui Vegetable Blend Pears Cookie Bread Milk	23 Beef Stroganoff California Blend Vegetables Cooked Spinach Diced Fruit Mix Bread Milk	24 Sliced Turkey Breast Chili Corn Mandarin Oranges Bread Milk	25 Chicken Lasagna Malibu Fruit Broccoli Italian Vegetables Blend Bread Milk
28 Meatloaf Green Beans Mashed Potatoes Peaches Cookie Bread Milk	29 Shredded Chicken Sliced Potatoes Grape Juice Pears Biscuit Milk	30 Manicotti Italian Blend Vegetables Corn Mandarin Orange Bread Milk	31 Chicken Patty Steak Fry's Potato Asparagus Soup Fruit Cocktail Bread Milk	

**LUNCH IS SERVED MON.-FRI. 11:30-12:30**

**MORROW COUNTY SENIOR MOMENTS 3**

**From the Nutrition Department:**

Just a few reminders about our meal programs.

1. If you receive home delivered meals and are not going to be home for some reason, please call and cancel your meal. We cannot leave the meal if you are not going to be home. We also cannot leave the meal with anyone else. The meals are ordered at 1:30 the day before, so please cancel before 1:30.

If you signed up for lunch or an evening meal at the Senior Center please call and cancel your meal, if you cannot come in.

2. We will try to deliver meals as long as the weather permits. Keep in mind if your driver feels as though they cannot get in your drive or up to your house, they may decide not to deliver your meal. We do not want to put anyone in harm trying to deliver a meal in the bad weather.

3. Please keep in mind we accept donations for your meals. We do not charge for the meals, but the meals are not free. If you can, we appreciate anything you can contribute towards the meal programs.

Thank you, if you have any questions please give us a call at the center.